



# Wellness Calendar


















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<p>EAT A SALAD FOR LUNCH</p> 	<p>GET 8 HOURS OF SLEEP</p> 	<p>EXERCISE FOR 30 MINUTES</p> 	<p>DRINK 3 8 OZ. GLASSES OF WATER</p> 	<p>POSITIVE AFFIRMATIONS</p> <p><a href="#">See List</a></p>
<p>SPEND 30 MINUTES IN NATURE</p> 	<p>PRACTICE GUIDED MEDITATION FOR 15 MINUTES</p>	<p>READ IN A BOOK OR MAGAZINE</p> 	<p>EAT A HEALTHY BREAKFAST</p> 	<p>EAT 3 SERVINGS OF FRUITS/VEGETABLES</p> 
<p>TAKE A WALK</p> 	<p>WRITE A LIST OF WHAT YOU ARE GRATEFUL FOR (JOURNAL)</p>	<p>ATTEND A WORKOUT CLASS</p>	<p>SEND A CARD TO A FRIEND</p> 	<p>EAT A SALAD FOR LUNCH</p> 
<p>DRINK (3) 8 OZ. GLASSES OF WATER</p> 	<p>POSITIVE AFFIRMATIONS</p> <p><a href="#">See List</a></p>	<p>PRACTICE GUIDED MEDITATION FOR 15 MINUTES</p>	<p>DO SOMETHING YOU LOVE!!</p> 	<p>GET 8 HOURS OF SLEEP</p> 
<p>ATTEND A WORKOUT CLASS</p>	<p>EAT 3 SERVINGS OF FRUITS/VEGETABLES</p> 	<p>EAT A HEALTHY-BREAKFAST</p> 	<p>TAKE A WALK</p> 	<p>PLAN FOR THE FUTURE</p> 